



SEMINOLE HIGH SCHOOL

JANUARY 2025 MENU



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Apply for Meal Benefits for free and reduced priced meals at: [SCPSmealapp.com](https://www.scpsmealapp.com)



BREAKFAST

All meals must include an Entree, Fruit, Juice, and/or Milk.

Cost: \$2.75

MONDAY

Chicken Biscuit
Fresh Baked Scone
Cereal & Cheese Stick
BeneFIT® Bar

TUESDAY

French Toast Sticks
& Sausage
Strawberry Mini Bagel
Cereal & Cheese Stick
BeneFIT® Bar

WEDNESDAY

Chicken Biscuit
Fresh Baked Scone
Cereal & Cheese Stick
BeneFIT® Bar

THURSDAY

Egg & Cheese Bagel
Sausage, Egg, Cheese Bagel
Strawberry Mini Bagel
Cereal & Cheese Stick
BeneFIT® Bar

FRIDAY

Waffles & Chicken Tender
Fresh Baked Scone
Cereal & Cheese Stick
BeneFIT® Bar

LUNCH

All meals must include an Entree, Fruit, Juice, Vegetables and/or Milk.

Cost: \$3.75

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Always have a backup plan-tain!

Plantains are January's **Harvest of the Month**, available on January 16th & 30th

6 Boneless Wings Mashed Potatoes & Gravy Dinner Roll	7 Nachos Nachos with Beef Assorted Toppings Pinto Beans	8 Baked Pasta Garlic Breadstick Broccoli	9 Burrito Bowl (Chicken, Beef, or Veggie) Cilantro Lime Rice Black Beans	10 Asian Chicken (Orange or Teriyaki) Rice or Lo Mein Green Beans
13 Boneless Wings Mashed Potatoes & Gravy Dinner Roll	14 Cheese Quesadilla Carnitas Quesadilla Pinto Beans	15 Alfredo Pasta Chicken Alfredo Pasta Garlic Breadstick Green Beans	16 Burrito Bowl (Chicken, Beef, or Veggie) Cilantro Lime Rice Black Beans Plantains	17 Asian Chicken (Orange or Teriyaki) Rice or Lo Mein Broccoli
20 Martin Luther King Day	21 Boneless Wings Mashed Potatoes & Gravy Dinner Roll	22 Baked Pasta Garlic Breadstick Broccoli	23 Burrito Bowl (Chicken, Beef, or Veggie) Cilantro Lime Rice Black Beans	24 Asian Chicken (Orange or Teriyaki) Rice or Lo Mein Carrots
27 Boneless Wings Mashed Potatoes & Gravy Biscuit	28 Nachos Nachos with Beef Assorted Toppings Pinto Beans	29 Alfredo Pasta Chicken Alfredo Pasta Garlic Breadstick Green Beans	30 Burrito Bowl (Chicken, Beef, or Veggie) Cilantro Lime Rice Black Beans Plantains	31 Asian Chicken (Orange or Teriyaki) Rice or Lo Mein Broccoli

EVERYDAY FAVORITES

OVEN FRESH PIZZA MEAL

Cheese
Buffalo Chicken
Pepperoni

CHICKEN SANDWICH MEAL

Crispy
Plant-Based
Spicy



DRINKS SERVED ALL DAY

FEATURED MEALS

DELI SUBS
TOASTED SUBS
YOGURT PARFAIT

HUMMUS BOX
CHICKEN CAESAR SALAD
ASIAN CHICKEN SALAD

COFFEE / BEVERAGES (A LA CARTE)

HOT COFFEE	\$1.75	HOT CHOCOLATE	\$2.50
ICED TEA	\$1.75	NITRO COLD BREW	\$2.95
LEMONADE	\$1.75	CAFE LATTE	\$3.25

Menu is subject to change.

= New Menu Item

= Vegetarian Option

= This Contains Pork

Updated December 12, 2024

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